WHAT IS CLAIMED IS:

1. A method of preventing or treating excess body weight in an individual comprising administering an effective dosage regime of a hypocretin or an agonist thereof to the individual.

2. The method of claim 1, wherein the individual has excess body weight before the administering step and the administering reduces the excess body weight.

3. The method of claim 1, wherein the individual has excess body weight before the administering step and the administering prevents the development of further excess body weight.

4. The method of claim 1, further comprising monitoring a sign of the excess body weight responsive to the administering.

5. The method of claim 4, wherein the sign of the excess body weight is a body mass index, waist circumference, waist to hip ratio, skin fold thickness, body density, body weight, or body fat percentage of the individual.

6. The method of claim 1, wherein the administering is by cerebrospinal injection, intracerebroventricular injection, intraparenchymal injection, intravenous infusion, intraperitoneal injection, transdermal delivery, intramuscular delivery, subcutaneous delivery, inhalation, or oral delivery.

7. The method of claim 1, wherein the individual suffers from a weight disorder.

8. The method of claim 7, wherein the weight disorder is due to a deficiency of a hypocretin, a hypocretin agonist, or a hypocretin receptor in the individual.

9. The method of claim 7, wherein the weight disorder is due to a deficiency in a hypocretin receptor transduction pathway in the individual.

10. The method of claim 1, wherein the individual suffers from obesity.

11. The method of claim 10, wherein obesity is determined based on a sign of excess body weight selected from the group consisting of body mass index, waist

circumference, waist to hip ratio, skin fold thickness, body density, body weight, and body fat percentage.

12. The method of claim 10, wherein the individual has a body mass index of 30 or higher before beginning the administering step.

13. The method of claim 1, wherein the individual is overweight.

14. The method of claim 1, wherein the administering causes an increase in the individual's caloric output relative to the individual's caloric intake.

15. The method of claim 1, wherein the hypocretin or agonist thereof is administered with a pharmaceutically acceptable carrier as a pharmaceutical composition.

16. The method of claim 1, wherein the individual is free of narcolepsy.

17. A method of increasing a motor or muscular activity in an individual, the method comprising administering an effective dosage regime of a hypocretin or an agonist thereof to the individual.

18. The method of claim 17, wherein the administering results in the increased motor or muscular activity in the individual.

19. The method of claim 17, further comprising monitoring the motor or muscular activity in the individual responsive to the administering.

20. The method of claim 19, wherein the motor or muscular activity is monitored by a wrist actigraph.

21. The method of claim 17, wherein the administering is by cerebrospinal injection, intracerebroventricular injection, intraparenchymal injection, intravenous infusion, intraperitoneal injection, transdermal delivery, intramuscular delivery, subcutaneous delivery, inhalation, or oral delivery.

22. The method of claim 17, wherein the individual suffers from a motor or muscular activity disorder.

23. The method of claim 22, wherein the motor or muscular activity disorder is due to a deficiency of a hypocretin, a hypocretin agonist, or a hypocretin receptor in the individual.

24. The method of claim 22, wherein the motor or muscular activity disorder is due to a deficiency in a hypocretin receptor transduction pathway in the individual.

25. The method of claim 17, wherein the increased motor or muscular activity in the individual reduces or inhibits the development of a sign of excess body weight in the individual.

26. The method of claim 17, wherein the individual suffers from a weight disorder.

27. A method of increasing a metabolism in an individual, the method comprising administering an effective dosage regime of a hypocretin or an agonist thereof to the individual.

28. The method of claim 27, wherein the administering results in the increased metabolism in the individual.

29. The method of claim 27, further comprising monitoring the metabolism in the individual responsive to the administering.

30. The method of claim 27, wherein the administering is by cerebrospinal injection, intracerebroventricular injection, intraparenchymal injection, intravenous infusion, intraperitoneal injection, transdermal delivery, intramuscular delivery, subcutaneous delivery, inhalation, or oral delivery.

31. The method of claim 27, wherein the individual suffers from a metabolism disorder.

32. The method of claim 31, wherein the metabolism disorder is due to a deficiency of a hypocretin, a hypocretin agonist, or a hypocretin receptor in the individual.

33. The method of claim 31, wherein the metabolism disorder is due to a deficiency in a hypocretin receptor transduction pathway in the individual.

34. The method of claim 27, wherein the increased metabolism in the individual reduces or inhibits the development of a sign of excess body weight in the individual.

35. The method of claim 27, wherein the individual suffers from a weight disorder.

36. A pharmaceutical composition comprising a hypocretin or agonist thereof and a pharmaceutically acceptable carrier.